

Hampton Parks and Recreation Department

Leisure Classes

A minimum number of participants must be registered one week in advance in order for the most classes to be offered.. For information about *Leisure Classes* call **825-4481**

Arts

Beginning Drawing & Cartooning for Children #125

Session	Site	Days	Time	Date	Fee	Instructor
01	NHCC	W	5:00-6:00P	1/24-2/28	\$40	Witts
02	NHCC	W	5:00-6:00P	3/14-4/18	\$40	Witts

Beginning Drawing Adults #101

Session	Site	Days	Time	Date	Fee	Instructor
01	HSC	M	6:15-7:15P	1/22-2/26	\$45	Witts
02	HSC	M	6:15-7:15P	3/12-4/16	\$45	Witts

Computers

On-line Web-Based Computer Classes #608

Classes available on line: Sessions: (1)1/9-2/23 (2)2/13 3/30 (3) 3/13-4/27 (4) 4/10 5/25

Microsoft Office Microsoft Windows 95 Microsoft Windows 98 MS Word 97 Beginning Intermediate Advanced MS Word 2000 Beginning Intermediate Advanced MS Excel 97 Beginning Intermediate Advanced MS Excel 2000 Beginning Intermediate Advanced MS Access 97 Beginning Intermediate MS Access 2000 Beginning Intermediate Advanced MS Power Point 97 Beginning MS Power Point 2000 Beginning Intermediate Advanced **Other Programs** Internet Front Page 2000 Beginning Outlook 2000 Beginning PageMaker 6.5 Beginning Intermediate QuickBooks 99 Beginning Intermediate QuickBooks 2000 Beginning Intermediate Quicken 99 Beginning Quicken 2000 Beginning

Crafts and Home Decor

Floral Design I #114

Session	Site	Days	Time	Date	Fee	Instructor
01	HSC	M	6:00-7:00P	1/22-2/6	\$45	Burrow
02	HSC	M	6:00-7:00P	3/12-4/16	\$45	Burrow

Wedding Florals and Planning #115

Session	Site	Days	Time	Date	Fee	Instructor
01	HSC	M	7:00-8:00P	1/22-2/26	\$45	Burrow
02	HSC	M	7:00-8:00P	3/12-4/16	\$45	Burrow

Quilting #147

Session	Site	Days	Time	Date	Fee	Instructor
01	HSC	W	6:00-7:00P	1/24-2/28	\$45	Burrow
02	HSC	W	6:00-7:00P	3/14-4/18	\$45	Burrow

Candle Making #156

Session	Site	Days	Time	Date	Fee	Instructor
01	OHCC	M	10:30-12:00	2/5	\$15.	Banks
02	NHCC	T	10:30-12:00	2/6	\$15.	Banks
03	HSC	W	10:30-12:00	2/7	\$15	Banks

How to make your own soap #157

Session	Site	Days	Time	Date	Fee	Instructor
01	OHCC	F	10:30-12:00	2/8	\$15	Banks

Put a *Class* in your Life

Dance

Beginner Ballet #206

Session	Site	Days	Time	Date	Fee	Instructor
01/8wks	NHCC	S	10:00-11:00A	1/27-3/17	\$40	Riley
02/8wks	NHCC	S	10:00-11:00A	3/24-5/12	\$40	Riley

Beginner Tap #212

For girls ages 4-9 and boys ages 6-9.

Session	Site	Days	Time	Date	Fee	Instructor
01/8wks	NHCC	S	11:00-11:30A	1/27-3/17	\$20	Riley
02/8wks	NHCC	S	11:00-11:30A	3/24-5/12	\$20	Riley

Beginner Pre-Ballet #206

For children 4-5 years of age.

Session	Site	Days	Time	Date	Fee	Instructor
01/8wks	NHCC	S	11:30-12:15A	1/27-3/17	\$30	Riley
02/8wks	NHCC	S	11:30-12:15A	3/24-5/12	\$30	Riley

Middle Eastern Dance #201

Session	Site	Days	Time	Date	Fee	Instructor
01/Beg	NHCC	W	6:00-7:00P	1/24-3/14 or 4/4-5/23	\$40	Beaufait
02/Int	NHCC	W	7:00-8:00P	1/24-3/14 or 4/4-5/23	\$40	Beaufait
03/Adv.	NHCC	W	8:00-9:15P	1/24-3/14 or 4/4-5/23	\$50	Beaufait

Line Dancing with a Difference #209

Session	Site	Days	Time	Dates	Fee	Instructor
01	NHCC	TH	7:30-9:15P	2/22-3/12 or 3/19-6/7	\$40	Hill

Health Fitness Martial Arts

Step Circuit Challenge-Feeling Fit and Fine #341

This class is offered monthly on Monday and Wednesday.

Site	Days	Time	Date	Fee	Instructor
OHCC	M, W	5:15-6:15	1/8-2/29	\$16	Fentress

Total Fitness Aerobics #305

. This class is offered monthly on Tuesday and Thursday.

Site	Days	Time	Date	Fee	Instructor
OHCC	T, TH	5:45-6:45	1/9-2/30	\$16	Hopson

Evening Step/Bench Aerobics #303

A perfect balance of strength and conditioning exercises, working the upper and lower body. Includes warm-up, low impact aerobics, leg and upper body sculpting, abdominal work, and cool down. Teens and adults are welcomed to attend. This class is offered monthly on Tuesday and Thursday.

Site	Days	Time	Date	Fee	Instructor
NHCC	T, TH	6:00-7:00P	1/9-2/30	\$16	Huffman

Tae Kwon Do for Individuals with Special Needs #322

. *Physician's physical and permission is required.*

Session	Site	Days	Time	Date	Fee	Instructor
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01	NHCC	T	7:30-8:30P	3/13-4/17	\$45	Barnes
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Children's Tae Kwon Do #313

Session	Site	Days	Time	Date	Fee	Instructor
01	Syms	W	6:00-7:00P	1/24-2/28	\$45	Barnes
02	Syms	W	6:00-7:00P	13/14-4/18	\$45	Barnes

discounts available. This is a six-week class.

Teen/Adult Tae Kwon Do #309

Session	Site	Days	Time	Date	Fee	Instructor
01	Syms	W	7:00-8:00P	1/24-2/28	\$45	Barnes
02	Syms	W	7:00-8:00P	13/14-4/18	\$45	Barnes

Afternoon Tae Kwon Do #312

Classes are taught continuously throughout the year. and you may join the class anytime.

Session	Site	Days	Time	Date	Fee	Instructor
01A	NHCC	T, F	4:00-4:45P	Anytime	\$35	Tinnon
01B	NHCC	T, F	5:00-6:15P	Anytime	\$35	Tinnon

All Belts (Tae Kwon Do) #310

. Classes are taught continuously throughout the year. and you may join the class anytime.

Session	Site	Days	Time	Date	Fee	Instructor
01	NHCC	T, F	5:00-6:15P	Anytime	\$35	Tinnon

Women's Self Defense #321

Women ages 13 and up (a parent participant must accompany ages 13-15).

Please see teacher for available discounts. This is an eight-week class.

Session	Site	Days	Time	Date	Fee	Instructor
01	NHCC	T	6:00-7:00P	3/20-5/8	\$60	Barnes

Sahaja Yoga # 343

. Please make checks payable to Hampton Parks and Recreation for this class..

Session	Site	Days	Time	Date	Fee	Instructor
01	NHCC	TH	7:30-9:00P	1/25-3/15	\$12	HPRD
02	NHCC	TH	7:30-9:00P	3/25-3/15	\$12	HPRD

Beginner Hatha Yoga #345

Session	Site	Days	Time	Date	Fee	Instructor
01	NHCC	M, W	11:00-12:00	1/22-2/28	\$30/\$60	Corran
02	NHCC	M, W	11:00-12:00	1/22-2/28	\$30/\$60	Corran

Jazzercise for Juniors #333

Session	Site	Days	Time	Date	Fee	Instructor
01	NHCC	T	4:30-5:30P	1/23-2/27	\$33	Mickel
02	NHCC	T	4:30-5:30P	3/13-4/17	\$33	Mickel

Jazzercise #332

New Student Special: \$33 for six-weeks. All others, \$33 for four- weeks.

This class is offered monthly. Join any time.

Site	Days	Time	Date	Fee	Instructor
NHCC	M, W, TH	6:15-7:15P	1/3	\$33	Mickel
	SAT	9:15-10:00A			

Put a *Class* in your Life

Special Interest

Piano Lessons #502

This class meets monthly with a new class starting each month.

Session	Site	Days	Time	Date	Fee	Instructor
01	NHCC	M or T	3:30-7:00P	1/2	\$40/70	Eagle

Vision of Charm and Manners #818

Session	Site	Days	Time	Date	Fee	Instructor
01/Beg	NHCC	M	5:00-6:00P	1/8-2/19	\$30	Campbell
02/Adv	NHCC	M	6:00-7:00P	1/8-2/19	\$30	Campbell
03/Beg	NHCC	M	5:00-6:00P	2/26-4/2	\$30	Campbell
04/Adv	NHCC	M	6:00-7:00P	2/26-4/2	\$30	Campbell

Vision of Charm and Manners Phase II #819

You must have completed **Vision of Charm and Manners #818** in order to register for this phase. .This class meets monthly with a new class starting each month.

Session	Site	Days	Time	Date	Fee	Instructor
01/Ages 5-11	NHCC	TH	5:00-6:00P	1/11-1/25	\$10	Campbell
02/Ages 12-17	NHCC	TH	5:00-6:00P	1/11-1/25	\$10	Campbell

Wardrobe Planning #821

Session	Site	Days	Time	Date	Fee	Instructor
01	HSC	TH	6:00-7:00P	1/25-3/1	\$45.	Nixon
21	HSC	TH	6:00-7:00P	3/15-4/19	\$45.	Nixon

Interior Decorating #821

Session	Site	Days	Time	Date	Fee	Instructor
01	HSC	TH	7:00-8:00P	1/25-3/1	\$45.	Nixon
21	HSC	TH	7:00-8:00P	3/15-4/19	\$45.	Nixon

Managing Behavior #830

Session	Site	Days	Time	Date	Fee	Instructor
01	NHCC	S	10:30-12:30	3/3 or 3/17	\$20	Nixon
02	NHCC	S	10:30-12:30	4/21 or 5/12	\$20	Nixon

Free Play VS Structured Play #840

Session	Site	Days	Time	Date	Fee	Instructor
01	NHCC	S	1:30-3:30	3/3 or 3/17	\$20	Nixon
02	NHCC	S	1:30 3:30	4/21 or 5/12	\$20	Nixon

SPINNING® #344

The Indoor Cycling Program

***FEES: \$5.00 per one time spin or \$35.00 per month for unlimited spins in accordance with scheduled classes. Classes are taught continuously throughout the year. Monday-Saturday and you may join the class anytime. The class will began the week of January 8.**

Session	Site	Days	Time	Fee	Instructor
01	OHCC	M, W	6:00-7:30A	\$5/35*	Findley
02	OHCC	T, TH	10:00-11:00A	\$5/35*	Huffman

03	OHCC	M, W	5:00-6:00P	\$5/35*	Fentress
04	OHCC	T, TH	5:45-6:45P	\$5/35*	Hopson
05	OHCC	FRI	5:45-6:45P	\$5/35*	Findley
06	OHCC	SAT	7:00-8:00A or 8:15-9:15A	\$5/35*	Findley

Hampton Performing Arts Ensemble for all ages (Youth, Teens, Adults, Senior Adults)

Audition dates: Feb. 12, 13, or 14, 2001

Theatre students \$20.00 monthly tuition

Kenneth Madison
Artistic Director

Class Registration and Information

825-4481

Register Early

All classes are filled on a first come first serve basis. . Each class has a minimum limit that must be met before the class can be held. Program fees must be paid at the time of registration. Unless otherwise notified, full payment of class is your registration.

Mail In Registration : Hampton Parks and Recreation Department, Leisure Class Program, 2203 Mingee Drive, Hampton, VA 23669.

Unless otherwise indicated Make Check or Money Order Payable to the Instructor of your Class.

For example if the instructor for Line Dancing name is Mary Jones. and you register for Line Dancing make the check payable to Mary Jones. If you are unsure of the instructor's name for a class, please call 825-4481

Drop Off Registration

Drop off registration will be excepted daily at Old Hampton and Northampton Centers, Monday-Thursday 10:00 am-9:00 p m, Friday 10:00 am-6:00 p m, Saturday 10:00 am-4:00 p m.

Refund / Cancellations Policy

Full refunds will be sent automatically when classes are cancelled due to insufficient registration or when changes in time, day, or location prohibits the registrants attendance.

* **Refunds will not given after the class has met for the first time.**

* **Please note that these classes are supported by user fees .Since commitments for these services are made prior to the class start date no refunds are given after the class has met for the first time.**

Make checks payable to the Instructor of your class. Sorry, we do not accept cash payments.

* Registration Form

Name _____ CHILD'S NAME _____ CHILD'S AGE _____
ADDRESS _____ CITY _____ STATE _____ ZIP CODE _____
PHONE(DAY TIME) _____ (EVENING) _____

Class	Session	Site	Days	Time	Date	Fee	Instructor.

Legend

NHCC: Northampton Center

HSC: Hampton Senior Center

OHCC: Old Hampton Center

Syms: Syms Middle School

